

# ACTIVE ADULTS



**Sports programmes aimed at over 35 year olds**  
**Starting week beginning 29<sup>th</sup> January 2024\***

**Bookings open at 12:30pm on 2<sup>nd</sup> January 2024**

Active Adults is ideal for those who may never have tried sport before and would now like to have a go at something new or for those people who might have tried sport a long time ago and want to return to an activity in a relaxed, informal environment with other similar minded people.

All sessions are organised by the Bedford Borough Council Sports Development Unit and are held at local venues situated within the Borough. The sessions are run exclusively for adults, run by experienced and qualified coaches running for 8 weeks.

Due to COVID-19 we recommend you bring your own tennis rackets, golf clubs, badminton rackets however if you do not own these the coach will provide them.

Come on your own or bring a friend!

If you like the sport and want to continue with it after the courses have finished we will give you all the information you need to carry on.

- All courses run for 8 weeks\*
- All courses start week commencing 29<sup>th</sup> January 2024\*
- All courses are aimed at over 35 year olds
- All courses are aimed at beginners \*

*\*(unless specified)*

## How to Book

Bookings open from 9:30am on 12:30 on Tuesday 2<sup>nd</sup> January 2024 and can be made by:

**Booking and paying online at: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

**Due to COVID-19 we are unable to take cash or cheque for any courses this time.**

All course bookings are on a first come first served basis.

If the bookings are very low on specific courses we may need to cancel them at short notice (one week before the start of the programme).

If this is necessary, we will contact all those enrolled on the cancelled course to offer a full refund or a place on another course.

Please try and make your bookings early to avoid disappointment and help us to manage the organisation of the courses.

Thank you.

**To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# BADMINTON



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	No Session	Date - Session 1	Date - Session 2	No Session	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7
Badminton *7 weeks only*	B1	Thursday	20:30- 21:30	John Bunyan Sports and Fitness Complex, Main Sport Hall	£40	1/12/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24	28/3/24

## Summary of programme:

A qualified coach will teach you all the elements of the modern game giving plenty of time for you to practice your new skills. The aim is to have fun and enjoyment whilst exercising. Later you may wish to take the game further and join a club.

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows and doors open during the sessions. We strongly advise that you wear layers.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*



# BALLROOM AND LATIN DANCING

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Ballroom and Latin Dancing for Beginner	BL1	Monday	10:00-11:00	Wootton Community Centre	£60	29/1/24	5/2/24	12/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24

## Summary of programme:

Learn the basics of some of the Ballroom and Latin dances such as Social Foxtrot, Cha Cha Cha and Waltz in this course aimed at beginners. Partners not necessary.

## Do I need to bring anything?

Please bring a drink and comfortable shoes..

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# BOXERCISE



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7
Boxercise *7 weeks only*	B2	Wednesday	19:30- 20:15	Biddenham Pavilion	£45	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24

## Summary of programme:

Boxercise is a fun fitness-based class using a series of punches including jabs, hooks, uppercuts etc. Participants will use boxing bags, gloves, and focus pads to increase their heart rate and work on strength. All ages and abilities are welcome.

\*Please be aware that this course is only 7 weeks.\*

## Do I need to bring anything?

Wear comfortable clothing, trainers and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# BOXING WOMEN ONLY



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7
Boxing She-Boxes  Women only session  *7 weeks only*	B3	Friday	9:30-10:30	Scott Hall Community Centre	£60	2/2/24	9/2/24	16/2/24	23/2/24	1/3/24	8/3/24	15/3/24	22/3/24

## Summary of programme:

Full body boxing workout, no experience needed. Working in pairs using gloves and pads.

\*Please be aware that this course is only 7 weeks.\*

## Do I need to bring anything?

Wear comfortable clothing, trainers, a small towel and bring a drink. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# CARDIO TENNIS



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Cardio Tennis	C1	Monday	09:15-10:15	Riverside Tennis Club	£64	29/1/24	5/2/24	12/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24
Cardio Tennis *7 weeks only*	C2	Saturday	06:55-07:55	Riverside Tennis Club	£56	3/2/24	10/2/24	17/2/24	24/2/24	28/2/24	6/3/24	13/3/24	23/3/24	
Cardio Tennis	C3	Wednesday	09:15-10:15	Riverside Tennis Club	£64	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24	27/3/21
Cardio Tennis	C4	Monday	17:30-19:00	Riverside Tennis Club	£88	29/1/24	5/2/24	12/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24

## Summary of programme:

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout is open to anyone - all ages and abilities! Great music, great cardio and great people – what's not to like? You'll get to hit lots of tennis balls during your class, build up your skills and work up a sweat.

## Do I need to bring anything?

Wear comfortable clothing, training shoes and bring a drink.

Riverside Tennis Club will supply you with all the equipment needed (you may bring your own tennis racket if you wish). This session will be in the outside please dress for the weather.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*



# DANCE CLASS FOR BEGINNERS

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7
Dance class for beginners	D1	Thursday	11:00-12:00	Wootton Village Hall	£45	1/2/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24

## Summary of programme:

Dance for beginners will introduce participants to some ballet and contemporary dance techniques - guaranteed to have some fun whilst developing skills.

## Do I need to bring anything?

Participants are advised to wear something they feel comfortable moving in, for example, joggers/ leggings, t-shirt, sweatshirt. Please bring a drink and comfortable shoes.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# FITNESS SESSION WOMEN ONLY

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	No Session	Date - Session 5	Date - Session 6	Date - Session 7
Fitness Session  Women only  *7 weeks only*	F1	Wednesday	18:30-19:15	Biddenham Pavilion	£45	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24

## Summary of programme:

We combine two styles of exercise in one class, giving women the opportunity to try different types of exercise for example, dance-fitness, box-fit, toning and stretch. All women are welcome!

\*Please be aware that this is a 7 week course.\*

## Do I need to bring anything?

Wear comfortable clothing, training shoes and bring a drink.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.



# GOLF



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Golf <b>Beginners</b> (Mowsbury)	GM1	Wednesday	19:00-20:00	Mowsbury Golf and Squash Centre	£60	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24	27/3/24
Golf <b>Improvers</b> (Mowsbury)	GM2	Wednesday	20:00-21:00	Mowsbury Golf and Squash Centre	£60	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24	27/3/24
Golf <b>Improvers</b> (Mowsbury) *7 weeks only*	GM3	Friday	11:00-12:00	Mowsbury Golf and Squash Centre	£53	2/2/24	9/2/24	16/2/24	23/2/24	1/3/24	8/3/24	15/3/24	22/3/24	
Golf <b>Beginners</b> (Mowsbury)	GM4	Tuesday	10:30-11:30	Mowsbury Golf and Squash Centre	£60	30/1/24	6/2/24	13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	19/3/24	26/3/24

## Summary of programme:

**Beginners:** This course is aimed at complete beginners. During the 8 week programme you will learn; how to hold the club correctly; how to stand correctly; the correct set up needed when hitting different shots; how to swing correctly; understand how the other clubs work, learn how to play a chip, pitch and full shot; putting if weather conditions are suitable and work on using a wide range of golf clubs (Short Irons, Medium Irons, Long Irons and the very popular Wood).

**Improvers:** These sessions provide the follow-on course to the Golf Beginners sessions. The coach will carry on with breaking down the swings with each golf club and work closely on your stance and hand grip.

## Do I need to bring anything?

Because of the risk of transmitting COVID-19 we recommend you bring your own golf clubs however if you do not own some the club will provide them. The club highly recommend that you wear suitable footwear. The majority of the lessons will be taking place on the driving range, if the weather is kind we may use the putting green or the course.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# GOLF WOMEN ONLY AND MIXED GENDER



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Details
Golf in a Day <b>Beginners</b>	GID1	7/2/24 or 28/2/24	10:00- 15:00	Bedfordshire Golf Club, (Stagsden)	<b>£95</b>	Book directly with Richard 07765 820041 <a href="mailto:rbgolf@hotmail.co.uk">rbgolf@hotmail.co.uk</a>
Golf in a Day <b>Intermediates</b>	GID2	7/2/24 or 28/2/24	10:00- 15:00	Bedfordshire Golf Club, (Stagsden)	<b>£95</b>	Book directly with Richard 07765 820041 <a href="mailto:rbgolf@hotmail.co.uk">rbgolf@hotmail.co.uk</a>
Golf in a Day <b>Women's only sessions</b> with Top 50 Coach	GID3	Various dates	10:00- 15:00	Colmworth Golf Course	<b>£99</b>	Please book directly with Adie <a href="mailto:info@adrienne.golf">info@adrienne.golf</a>
Golf in a Day <b>Mixed Gender sessions</b> with Top 50 Coach	GID4	Various dates	10:00- 15:00	Colmworth Golf Course	<b>£99</b>	Please book directly with Adie <a href="mailto:info@adrienne.golf">info@adrienne.golf</a>

## Summary of programme:

**Golf in a Day – Bedfordshire Golf Course:** Bedfordshire Golf course are offering Golf in a Day sessions aimed at Beginners and Intermediates.

**10-11am:** Meet & greet on the driving range - discuss the correct set up and swing for irons. Then, work towards getting more distance with the driver.

**11-12pm:** Short game - to cover shots on and around the green.

**12-1pm:** lunch (£10 credit in the bar towards food & drink)

**1-3pm:** 9 holes on the course, being coached - to cover course management, correct club selection and sloping lies. Please book directly with [rbgolf@hotmail.co.uk](mailto:rbgolf@hotmail.co.uk)

**Golf in a Day – Colmworth Golf Course:** Adrienne is offering Women's only Golf in a Day sessions and Mixed Gender sessions. Bedfordshire golf pro Adrienne Engleman has been rewarded for her unstinting efforts to help local people to get into golf by being named as one the UK's top coaches. Engleman, a former Ladies European Tour player now based at Colmworth Golf Club near Bedford, is one of five women who have recently been included in Golf Monthly magazine's latest list of the UK's Top 50 Coaches. The 50-year-old's inclusion in the elite band is the result of not only her hard work at Colmworth but for also becoming a familiar figure locally. The course will also include facilities fees, equipment and lunch. Please book directly with [Adie info@adrienne.golf](mailto:Adie info@adrienne.golf)

## Do I need to bring anything?

**We advise you bring your own golf clubs however if you do not own some the club will provide them.** The club highly recommend that you wear suitable footwear. The majority of the lessons will be taking place on the driving range, if the weather is kind we may use the putting green or the course.

**To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

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# INDOOR BOWLS



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Indoor Bowls	IB1	Thursday	14:00-16:00	Kempston Park Indoor Bowls Club	£35	1/2/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24	28/3/24
Indoor Bowls	IB2	Wednesday	12:30-14:30	Bedford Borough Bowls Club, Goldington Road	£35	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	6/3/24	13/3/24	20/3/24

## Summary of programme:

The course is a fun introduction to the enjoyable sport of indoor bowls. The objective of the game is to get a round bowl as near to a little yellow ball, some distance away, as you can! During the course you will be taught the skills needed to enable you to play a game of indoor bowls. This will include technique, tactics and rules. Indoor bowls can be a fun, relaxing and sociable recreational activity, which provides you with some exercise at the same time. Please come and give it a try.

## Do I need to bring anything?

All participants need to wear socks and non-marking shoes. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6
Jazzumba *6 weeks only*	J1	Tuesday	13:30-14:20	Elderswell Retirement Village, Turvey	£40	13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	19/3/24
Jazzumba *6 weeks only*	J2	Wednesday	12:30-13:30	Cotton End Village Hall,	£40	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24

## Summary of programme:

Jazzumba is a G.E.M. in the heart of the Village.

G.E.M.: Group, Exercise, Motivational Classes – Jazzumba is a solo class

Combining all the exercise benefits of dance movement with the art & joy of authentic Jazz + Jive, our routines are entertaining and will burn calories whilst you learn some great new cool and fun dance moves from Jazz & Swing to Charleston – it's a blast!

\*Please note that these sessions do not stop for half term\*

\*Please be aware that this course is only 6 weeks.\*

## Do I need to bring anything?

Comfy shoes and a bottle of water.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# MOVEMENT SKILLS



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Movement Skills	MS1	Tuesday	10:45-11:45	Riverside Tennis Club	£64	30/1/24	6/2/24	13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	1/3/24	26/3/24

## Summary of programme:

This Movement Skills session will cover a wide range of modalities in a fun & encouraging environment. Each week, we'll be exploring movement in all its forms - mobility, balance, agility, dexterity and physical puzzles in this group workout which will be unlike anything you've done before. No tennis skills required and suitable for all levels as we can tailor the activities to our unique bodies. Neil has a lifetime of experience as a coach and is a MovNat Level 2 Certified Trainer. The Movnat system is real-world health & fitness, equipping us for everyday life and supporting us to be ready for the demands of our chosen activities or sports.

## Do I need to bring anything?

Please bring a yoga mat, wear warm comfy clothes and bring a drink. The class will take place outdoors.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# PILATES



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7
Pilates <b>Beginners</b>  *7 weeks only*	P1	Tuesday	14:00- 15:00	Wilstead, Jubilee Centre	£40	30/1/24	6/2/24	13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	19/3/24

## Summary of programme:

Pilates is a complete workout with gentle exercises to tone your muscles. Pilates improves your posture, promotes a calm mind and is suitable for all fitness levels. This is a beginners session but please be aware that sessions will be on the floor.

\*Please be aware that this course is only 7 weeks.\*

## Do I need to bring anything?

Wear loose, comfortable clothing and bring something warm for relaxation at the end. Bring a drink and a yoga mat if you wish, however there will be mats available for you to use. This session will be inside, to help ventilation and reduce the spread of COVID we will be having the windows open during the sessions. We strongly advise that you wear layers.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.



# STRENGTH & CONDITIONING WOMEN ONLY

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7
Strength and Conditioning  Women only session  *7 weeks only*	SC1	Friday	10:45-11:45	Scott Hall Community Centre	£60	2/2/24	9/2/24	16/2/24	23/2/24	1/3/24	8/3/24	15/3/24	22/3/24

## Summary of programme:

A full body workout focused on strengthening and conditioning to tone the body, support the joints, strengthen the muscles, improve mobility, prevent injury, enhance overall fitness.

\*Please be aware that this course is only 7 weeks.\*

## Do I need to bring anything?

Please bring a drink, small towel, wear comfortable clothes to train in. All other equipment will be provided.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# SWING DANCING



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Swing Dance for Beginners	SD1	Wednesday	20:15-21:00	Great Denham Community Centre	£60	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24
Swing Dance and Jive for Beginners *6 weeks only*	SD2	Tuesday	14:30-15:30	Elderswell Retirement Village, Turvey	£40			13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	19/3/24

## Summary of programme:

### Swing Dance Beginners – partner not required.

Swingsters will teach you the foundation steps of Swing Dancing, you will be able to dance through the ages from the roaring 20's through to the big band swing, through R'n'B to Rock'n'Roll. Just bring comfy shoes and a smile. The course is relaxed and friendly allowing you to have a good time, keep fit, make new friends and learn to dance. We would prefer you to bring a partner so we can keep it gender balanced, if you don't have a partner then let us know and we can try to partner you up with someone. If you sign up to the course, you are invited at the end of the course as our guest to a live band swing night where you can show off your new skills and dance the night away!!

**Please be aware this session does not stop for half term.**

## Do I need to bring anything?

**All participants should be double jabbed and we request you do a lateral flow test before each session as you will be in close proximity to people who you do not live with.**

Comfy shoes. Bring water, sanitiser and a cardigan as we keep the hall ventilated.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# TENNIS



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Tennis Intermediates	T1	Wednesday	10:45-12:00	Riverside Tennis Club	£60	31/1/24	7/2/24	14/2/24	21/2/24	28/2/24	6/3/24	13/3/24	20/3/24	27/3/24
Tennis Beginners / Intermediates	T2	Tuesday	20:30-21:30	Riverside Tennis Club	£55	30/1/24	6/2/24	13/2/24	20/2/24	27/2/24	5/3/24	12/3/24	19/3/24	26/3/24

## Summary of programme:

These sessions are aimed at beginners and intermediates and covers all aspects of the game from basic technique to match tactics, singles and doubles. We teach all the different swing patterns, grips and court positions which are involved in tennis, but most importantly we have FUN! Please be aware that all the sessions will be outside and will continue whatever the weather.

## Do I need to bring anything?

We highly recommend bringing your own tennis racket however if you do not own one this will be provided by the Tennis Club. Wear comfortable clothing, training shoes and bring a drink. This session will be outside so please be mindful about the weather.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

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# WALKING FOOTBALL



BEDFORD  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Walking Football	WF1	Monday	20:00-21:00	Gordon Fields, Brickhill Drive	£35	29/1/24	5/2/24	12/2/24	19/2/24	26/2/24	4/3/24	11/3/24	18/3/24	25/3/24
Walking Football	WF2	Thursday	14:00-15:00	Kempston Rovers, Hillgrouds Road	£35	1/2/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24	28/2/24

## Summary of programme:

Walking football is the next big thing and become increasingly popular over the past couple of years! Walking Football was initially designed to help get the over 50's back into football and exercise. However, we welcome all ages to our sessions. The main differences between standard football and walking football are two rules of no running and no slide tackles. Play the game you love but reduce the chances of injury. It's a great way to keep fit, learn skills, have fun and socialise all at the same time!

## Do I need to bring anything?

Wear trainers and bring a drink. The session will be outside and continue no matter the weather so please wear appropriate clothing.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.

# YOGA



**BEDFORD**  
BOROUGH COUNCIL

Course	Code	Day	Time	Venue	Cost	Date - Session 1	Date - Session 2	Date - Session 3	No Session	Date - Session 4	Date - Session 5	Date - Session 6	Date - Session 7	Date - Session 8
Yoga <b>Mixed Abilities</b>	Y1	Thursday	19:00-20:00	Renhold Village Hall	£45	1/2/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24	28/3/24
Yoga <b>Beginners / Intermediates</b>	Y2	Thursday	12:00-13:00	Wootton Village Hall	£45	1/2/24	8/2/24	15/2/24	22/2/24	29/2/24	7/3/24	14/3/24	21/3/24	28/3/24

## Summary of programme:

**Mixed Abilities with Katy:** Bringing a sense of balance and wellbeing for body and mind. Through movement, flexibility, strengthening, relaxation & alignment we aim to build our self-awareness & knowledge through our own unique practice of Yoga. The course is a mixed level Hatha Yoga class, for those with or without experience, covering asana (postures), & pranayama (breathing practice/ exercises).

**Beginners / Intermediates with Gen:** Get fit, improve flexibility and develop an amazing sense of well-being. Simple movements, aimed at those who are new to yoga or total beginners. The course aims to increase flexibility, suppleness, strength and stamina. The coach, with over 20 years' experience, will cover breathing and relaxation leading to clarity and stillness of mind.

## Do I need to bring anything?

Wear loose, comfortable clothing and bring something warm for relaxation at the end. Bring a drink, a yoga mat and a towel. If you do not have a yoga mat please let us know and will make sure there are some mats available for you to use.

To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*

# EXTRA INFO

## How to Book

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Bookings open from 12:30pm on Tuesday 2<sup>nd</sup> January 2024 and can be made by:

**Booking and paying online at: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

**Due to COVID-19 we are unable to take cash or cheque for any courses this time.**

All course bookings are on a first come first served basis.

If the bookings are very low on specific courses we may need to cancel them at short notice (one week before the start of the programme).

If this is necessary, we will contact all those enrolled on the cancelled course to offer a full refund or a place on another course.

Please try and make your bookings early to avoid disappointment and help us to manage the organisation of the courses.

Thank you.

## COVID-19

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The main symptoms of coronavirus (COVID-19) are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Please do not attend the sessions and notify the coach or the organiser and get a COVID-19 test.

<https://www.gov.uk/get-coronavirus-test>.

If the test is positive you must let Amy Stevens know via [amy.stevens@bedford.gov.uk](mailto:amy.stevens@bedford.gov.uk) please write your name, your course and when you started having symptoms and had a positive test so we can let the rest of the course know if and how long they have to isolate.

Please arrive on time and leave directly after the sessions have finished. Please wear a mask inside any buildings or pinch points. **If your session is based at a venue, please scan the QR code provided at the venue at the beginning of each session. If you use the bathroom or congregate outside a venue for more than 10 minutes, please scan their QR code.**

We also strongly advised you to comply with the public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to your fellow participants.

**To book the course please visit: [www.bedford.gov.uk/activeadults](http://www.bedford.gov.uk/activeadults)**

*Please be aware that these courses will involve physical activity and will check with your doctor before participating if you have any concerns about your ability to take part in the programme.*